

# Could you have diabetes and not know it?

## Take this test to find out.

Sixteen million Americans have diabetes - and one out of three doesn't even know it! Take this test to see if you are at risk for having diabetes. Diabetes is more common in African Americans, Latinos, Native Americans, Asian Americans and Pacific Islanders. If you are a member of one of these ethnic groups, you need to pay special attention to this test.

To find out if you are at risk, write in the points next to each statement that is **true** for you. If a statement is **not true**, write a zero. Then add all the points to get your total score.

	<u>Yes</u>	<u>No</u>
1. My weight is equal to or above that listed on the back of this page?	5pts	0pts
2. I am under 65 years of age <u>and</u> I get little or no exercise during a usual day?	5pts	0pts
3. I am between 45 and 64 years of age?	5pts	0pts
4. I am 65 years old or older?	9pts	0pts
5. I am a woman who has had a baby weighing more than nine pounds at birth?	1pts	0pts
6. I have a sister or brother with diabetes?	1pts	0pts
7. I have a parent with diabetes?	1pts	0pts

Total Points: \_\_\_\_\_

### Scoring 3-9 points:

You are probably at low risk for having diabetes now. But don't just forget about it -- especially if you are Hispanic/Latino, African American, American Indian, Asian American, or Pacific Islander. You may be at higher risk in the future. **New guidelines recommend everyone age 45 and over consider being tested for the disease every three years. However, people at high risk should consider being tested at a younger age.**

### Scoring 10 or more points:

You are at high risk for having diabetes. Only your health care provider can determine if you have diabetes. See your health care provider soon and find out for sure.

Source: The American Diabetes Association

---

### **At-Risk Weight Chart**

#### **Body Mass Index**

<b>Height</b> in feet and inches without shoes	<b>Weight</b> in pounds without clothing
4'10"	129
4'11"	133
5'0"	138
5'1"	143
5'2"	147
5'3"	152
5'4"	157
5'5"	162
5'6"	167
5'7"	172
5'8"	177
5'9"	182
5'10"	188
5'11"	193
6'0"	199
6'1"	204
6'2"	210
6'3"	216
6'4"	221

If you weigh the same or more than the amount listed for your height, you may be at risk for diabetes.